

## **BEST-EVER LOW-CARB BREAD**

Serves 8–10

Prep time 5 minutes

Cook time 45 minutes

Carb count 1–2 g per serve (1 thick slice)

### **INGREDIENTS**

1.5 cups almond flour

3 tbsp psyllium husk

2 tsp baking powder

1 tsp salt

1 tsp poppy seeds

1 tbsp pumpkin seeds

1 tbsp sunflower seeds

1 1/4 cups of boiling water

2 tsp vinegar

3 egg whites (save the yolks for another dish, like Courgetti Carbonara or Sausages 'n Mash with Onion Gravy & Steamed Greens)

2-3 tsp black sesame seeds (optional)

### **METHOD**

Pre-heat the oven to 180°C fan-bake or 200°C regular-bake. Line a loaf tin with baking paper. Place the almond flour, psyllium husk, baking powder, salt, poppy seeds, pumpkin seeds and sunflower seeds in a large bowl and stir to mix. Bring the water to the boil and add it, then add the vinegar and egg whites. Mix with a hand-mixer for 30 seconds, until doughy.

Turn the dough out into the loaf tin and press it gently to even it out. If you wish, sprinkle black sesame seeds over the top of the dough for an elegant look. Bake for 45 minutes to 1 hour. Check by inserting a skewer into the middle of the loaf - it should come out clean. It should also sound hollow when you tap the bottom of the loaf. Transfer to a wire rack to cool thoroughly.

Once cool, you can slice the loaf, place small pieces of greaseproof paper between the slices and freeze it - it will last up to a month like this. Otherwise, store it in the fridge for 3-4 days. Use for sandwiches or toasted with one of our delicious toppings.